

WHAT IS THE MINNEAPOLIS HEALTHY FOOD SHELF NETWORK?

- We are a collection of food shelves and hunger relief organizations committed to increasing the amount of healthy foods available to individuals and families in need.
- Our network partners procure high-quality, fresh produce from local farmers markets, community gardens, and retail food stores; educate clients about healthy food options; and develop messaging to encourage everyone to donate healthier food items.
- We are supported by the Minneapolis Department of Health and Family Support, with funding from the Statewide Health Improvement Program from the Minnesota Department of Health.



**EVERYBODY NEEDS
HEALTHY FOOD**

**HOW TO SUPPORT
MINNEAPOLIS FOOD
SHELVES IN THE WINTER**





**EVERYBODY NEEDS
HEALTHY FOOD**

HOW YOU CAN HELP

Donate healthy food items

When you donate healthy foods, like whole grains, fruits, and vegetables, you help food shelf recipients eat healthier and help avoid chronic health issues such as obesity, diabetes and high blood pressure. Although many food shelf recipients would love to feed their families healthy foods, these items are often unavailable at local food shelves. Your donation of healthy foods can truly make a difference.

Make a cash donation

With your cash donation, food shelves can purchase healthy foods at wholesale prices through food banks and other distributors. Because food shelves have access to special discounts from these suppliers, the food shelves can often stretch a cash donation further than an individual who chooses to donate food items. This means more healthy food for more people in need.



**Find out how to get started and
connect with your local food shelf
at www.healthyfoodshelves.org**

ITEMS TO DONATE

ROOT VEGETABLES

- Carrots
- Beets
- Sweet potatoes
- Turnips
- Rutabaga
- Radishes

STARCHY VEGETABLES

- Potatoes
- Corn

SQUASHES

- Squash
- Pumpkins
- Zucchini

OTHER

- Asparagus
- Brussel Sprouts
- Cabbage
- Cucumbers
- Onions
- Peppers
- Melons

DARK GREENS

- Broccoli
- Spinach
- Kale
- Collard Greens
- Bok Choy
- Lettuce

FRUITS

- Apples
- Berries
- Oranges
- Tomatoes



ITEMS TO AVOID

- No food shelf is interested in spoiled produce.
- Many food shelves ask that donations exclude processed items or items the average consumer doesn't recognize.
- Some food shelves have more refrigeration space than others. For food shelves with limited refrigeration, donate more shelf stable items like root vegetables, apples, or tomatoes instead of salad greens.
- Consult with your local food shelf for more items to avoid as well as preferred items.

DID YOU KNOW?



- There were over 3 million visits to Minnesota food shelves in 2011.
- 19% of Minneapolis residents worried that they would run out of food before they could buy more during 2010.
- 15% of Minnesotans consume the recommended number of fruits and vegetables daily.
- Hunger costs Minnesota up to \$1.2 billion annually in direct and indirect health care and education expenses.